

How you can help

If you know someone who is experiencing family violence, you can help them.

You can:

- tell them that violence in the family is not OK
- pass on the information in this brochure
- talk about the services available to them, and how to contact them
- support and encourage them to contact those services

If someone is being hurt or in danger call the Police on 111 immediately.

This brochure has been developed in consultation with women from diverse ethnic communities by the Office of Ethnic Affairs (www.ethnicaffairs.govt.nz) and the Ministry of Women's Affairs (www.mwa.govt.nz).

Speak up.

Seek help.

Safe home.

How to help women from different cultures and their families live without violence at home

About services in New Zealand

Services are there to help everyone – women, men and children – no matter what their language or culture.

Women who are experiencing family violence can:

- get advice from government and community services that is free and confidential
- get relationship advice
- get immigration advice if their relationship status changes
- get help finding a temporary place to live
- get legal protection for them, their children and/or their families.

Services in New Zealand take trust and privacy very seriously, and will not share information without a person agreeing.

Services can also use a professional telephone or face-to-face interpreter.

Family violence is against the law in New Zealand

Family violence is when someone is being physically, emotionally or sexually hurt or abused by a member of their family.

It's not OK to be...

- hit, slapped, punched, strangled, kicked or physically hurt in any other way
- threatened or blackmailed
- forced to have sex or perform sexual acts
- refused money, food, shelter or clothing
- threatened with having children taken away
- separated or isolated from family or community
- held against their will
- forced into marriage. It is also against the law if they are under 16 years old.

New Zealand is a democracy – everyone has rights and responsibilities

In New Zealand, everyone has the right to be free from violence

This means all women living in New Zealand have the right to:

- leave a violent relationship
- provide a safe home environment for their children
- say 'no' if they don't want to do something
- work*
- study*

Women don't have to leave their husband or partner before they get help.

Government and community services take trust and privacy issues very seriously.

* dependent on immigration or citizenship status